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nutella
The original creamy, chocolate hazelnut spread™



At breakfast, you can use all the help you can get. That's why there's Nutella.®

A unique hazelnut spread made from wholesome ingredients such as roasted hazelnuts, skim milk and a hint of delicious cocoa. Use Nutella® spread on all kinds of healthy foods—like multigrain toast—to add a touch of flavor and give your kids a tasty breakfast you can feel good about.

- More than 50 hazelnuts per 13 oz. jar
- No artificial colors or preservatives
- Made with high-quality ingredients

Nutella®...*Breakfast never tasted this good!*

www.NutellaUSA.com



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nutella[®]
The original hazelnut spread[®]



**At breakfast, you can use all the help you can get.
That's why there's Nutella.[®]**

A unique hazelnut spread made from wholesome ingredients such as roasted hazelnuts, skim milk and a hint of delicious cocoa. Use Nutella[®] spread on all kinds of healthy foods—like multigrain toast—to add a touch of flavor and give your kids a tasty breakfast you can feel good about.



- More than 50 hazelnuts per 13 oz. jar
- No artificial colors or preservatives
- Made with high-quality ingredients

Nutella[®]...Breakfast never tasted this good!

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Visit www.NutellaUSA.com to learn how Nutella[®] can give a great taste to your balanced breakfast.

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nutella[®]
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**Nutella.[®] For a breakfast they'll want to eat.
And you'll want to serve.**

Adding Nutella[®] to your family's breakfast can make mornings a whole lot easier. That's because Nutella[®] is a delicious hazelnut spread your kids will love. Each jar contains hazelnuts, skim milk and a hint of cocoa. Spread it on multigrain toast or even whole-wheat waffles, add a glass of milk and a serving of fruit, and turn a balanced breakfast into a tasty one, too.

Nutella[®]...Breakfast never tasted this good![™]

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You may have pre-planned where you'll eat each and every meal on your getaway (thank you, [Zagat](#)), but odds are that your kids' stomachs aren't always on that same schedule. Heck, even we need a little somethin' somethin' to tide us over. Here are some easy-to-pack snacks suggested by registered dietitians Keri Glassman, MS, RD, CDN and Connie Evers, MS, RD.

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Perfect Snacks to Stock Up On For A Trip

tags: family travel healthy eating, family travel travel, family travel nutrition

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I also take little bags of chips or crackers and pouches of fruit snacks that my girls can eat in the car if we are in between meals or they can carry it around or have it in the stroller while sightseeing. A well fed

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Yo, Baby!

Check to see if your hotel has an in-room fridge-- many have them. That'll make storing food (even perishable stuff) a cinch. Prepackaged organic yogurt smoothies, like Stonyfield Farms', make for an easy-to-eat (no spoons needed!) pre-breakfast pick-me-up for early risers. They're also chock-full of calcium and vitamins, making them a perfect afternoon snack.

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Oatmeal, Oh My!

Just add hot water— and voila! Instant gratification! Packets of your kids' favorite **oatmeal** barely take up any space in the suitcase, and you can throw them in your purse so you're covered if (or when...) kids can't find something they like on a restaurant menu.

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Cruising for the Perfect Souvenir



Make Boring Errands Fun

Organize Your Diaper Bag



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Milk With a Twist

To make sure your kids are getting enough calcium, pop some **chocolate milk** into the fridge (or even buy the mix and add it to their milk). They'll think they're getting a treat, while you're giving them good-for-you essentials and extra energy to make it through long vacation (and often nap-free) days.

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Energize Your Summer



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Hittin' the Trail

You can make individual baggies of **trail mix** for the room, the car or your travel bag. Evers suggests mixing nuts, dried fruit, granola and a few chocolate M&M's for a protein-and-fiber-filled midday snack.

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Things That Make You Go Hmm...

Beat the 4pm blahs—you know that time after you've finished your sightseeing but before dinner—with a little hors d'oeuvres hour. Set out a box of crackers or a bag of pita chips with **hummus** for dipping—the protein-filled snack should hold them over until dinner.

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Nuts for Nutella

If your kids aren't hummus fans, stash a container of [Nutella](#) in your room. Made from hazelnut, skim milk and cocoa, your kids won't even realize it's an all-natural, good-for-you dip for their crackers or pretzels.

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Puddin' on the Ritz

Sometimes all kids want are sweets, so make sure you have some chocolate or vanilla individually-packed **pudding cups** stored away for when their sweet tooth beckons. It's easier than running to the ice cream shop every day, and the portions are perfectly kid-sized.

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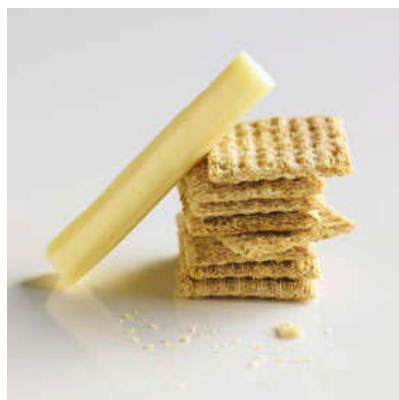
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Say Cheese!

If it's cheese, we like it. If it's cheese that doesn't have to be refrigerated? We love it. Take along some superconvenient [Laughing Cow Cheese](#) for a snack attack on the car ride, waiting on line for that roller coaster or whenever.

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Fruitful Thinking

If you're traveling to a place with a fresh market, pick up some bananas, apples or Cuties (California Mandarin oranges) for an anytime snack. If not, you can buy pre-sliced pre-packaged fresh fruit, dried fruit (just make sure there's no sulfur added) or even pre-packaged organic applesauce (the no-sugar added kind is best!).



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I also take little bags of chips or crackers and pouches of fruit snacks that my girls can eat in the car if we are in between meals or they can carry it around or have it in the stroller while sightseeing. A well fed child on vacation is a happy child while on vacation!!

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